

PLANNING À PARTIR DU 17 NOVEMBRE 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	YOGA	GYM DOS	PILATES	STEP	TAI CHI	BODY SCULPT
11:00	PRANAYAMA	LES MILLS GRIT ATHLÉTIC	LES MILLS BODY PUMP	HBX— FUSION	QI GONG	COURS SURPRISE
12:15	CAF	BODY SCULPT	RPM	LES MILLS GRIT CARDIO	BIKE	
17:30	BODY SCULPT	LES MILLS BODY PUMP	GYM DOS	YOGA	PILATES	
18:30	PILATES	HBX— BOXING	CAF	BIKE	HBX— BOXING ANIMAL FLOW	
19:30	BIKE	HBX— MOVE	HBX— BOXING	HIIT	LES MILLS GRIT STRENGTH	